

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I need to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Mrs. JOSEPH TETRAULT, Box 116, Sterling, Conn.

Massena, N.Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down. But Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVERA MYERS, Box 74, Massena, N.Y.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

On the Contrary.
"Employed in the steel works, are you? Don't you find your job fearfully hot in the summertime?"
"Oh, no, you see I work in the chilled steel department."

STOP THAT HACKING COUGH.
Mansfield (formerly Hungarian) Cough Balsam treats the inflamed and lacerated membranes and quiets the tickling nerves that lie underneath the infected portions. Invaluable for babies. Price 25c and 50c.—Adv.

The names of many men never appear in print except as contestants for the "hobby" prizes.

Why That Lame Back?

Morning lameness, sharp twinges when stooping, or a dull, all-day back ache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans over-do, exert and neglect our sleep and exercise, and as we are becoming a nation of kidney sufferers, 75% more deaths from kidney disease than in 1880, is the story told by the 1910 census. If annoyed with a lame back and irregular kidney action, modify the bad habits and use Doan's Kidney Pills.

An Oklahoma Case
W. R. Hunter, 1106 W. Main, Oklahoma City, Okla., writes: "My kidneys were in bad shape and my back was terribly lame and painful. At night the pain was so bad I could hardly sleep. My kidneys were inflamed and the kidney secretions passed in great quantities. Doan's Kidney Pills restored me to good health and I have been free from kidney trouble during the past two years."

Get Doan's at Any Store, 50c a Box.
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

BLACK LEG
LOSSES SURELY PREVENTED by Carter's Blacking Pills. Iodine, salicylic acid, and other powerful germicides are contained in these pills. They are the only pills that will cure the Black Leg. The Carter Blacking Pills, 10c a box, 25c a box, 50c a box. The Carter Blacking Pills, 10c a box, 25c a box, 50c a box. The Carter Blacking Pills, 10c a box, 25c a box, 50c a box.

PARKER'S HAIR BALM
A perfect preparation of natural oils and essences for restoring color and beauty to gray or faded hair. Sold by all druggists.

DEFIANCE STARCH

is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric. For laundry purposes it is unequalled. 16 oz. package 10c, 1-3 more a sack for economy. **DEFIANCE STARCH CO., Omaha, Nebraska**

INVEST All to be made in 1911. For more information, write to the Tulsa Star, Tulsa, Okla.

TRANSCONTINENT WIRELESS PHONE

ANOTHER TWENTIETH CENTURY MIRACLE SUCCESSFULLY PERFORMED

FROM ARLINGTON TO FRISCO

American Telephone and Telegraph Company and Navy Department Announce Completion of Long Distance Experiments.

Washington—Wireless telephone communication across the continent was accomplished for the first time last week when experiments extending over several months culminated in successful transmission of the human voice by radio from the great naval plant at Arlington, Va., across the continent to the station at Mare Island, Cal., 2,500 miles away.

The experiments were conducted by the American Telephone and Telegraph Company in cooperation with the navy radio service and the Western Electric Company. Secretary Daniels, announcing the result, predicted that further developments of wireless telephony would make great changes in long distance communication both for military and naval service in commercial use. Successful operation of a device for automatically transferring to the radio telephone conversations originating on metallic circuits also was accomplished in the tests. President Theodore N. Vail and other officials of the American Telephone and Telegraph Company at New York talked easily with the Mare Island station, the conversations traveling over an ordinary metallic line from New York to Arlington thence by radio across the continent.

"The fact that the voices can be started on a land wire and automatically transmitted to a voice radio transmitter," said Secretary Daniels, "holds out hope that persons inland should readily be put in touch by telephone with others at sea through some central transmitting station."

This latest triumph of the telephonic art was under the direct supervision of John J. Carty, chief engineer of the American Telephone and Telegraph Company, who, with an able corps of engineers and assistants, had been working for some time on the problem both from the standpoint of wire and wireless transmission. Transcontinental wire transmission was publicly demonstrated for the first time last January and the transcontinental wireless transmission follows the celebration of the former great technical achievement after a period of less than a year.

Mr. Carty stated that the results achieved here outdistanced anything heretofore accomplished. He believes talking across the continent has greater difficulties than talking across the Atlantic, for transmission over water is much easier than over land, particularly in view of the formidable mountain ranges to be crossed on the continent.

"Telephone messages," Mr. Carty says, "were transmitted with success from Arlington, Va., to Mare Island, Cal., where they were received at the government radio station by one of his engineers and by the naval officers in charge, who telegraphed back their contents. At San Diego also where one of the telephone engineers was located at the naval radio station, wireless telephone speech from the telephone and naval army of fields at Washington was received. Talking across the Atlantic by means of this new system is now but a matter of installing the necessary apparatus."

U. N. Bethell, senior vice president of the company, who also talked over the wireless telephone, made the following statement:

"This remarkable incident—this talk by wireless across the continent—marks another epoch in the development of the art of transmitting intelligence by electricity. The talking was very satisfactory words and sentences uttered from New York were repeated back from San Francisco with absolute accuracy and even my voice was recognized immediately when I spoke into the transmitter."

The wireless telephone's great value will be to supplement and extend the telephone service wire system in those situations where it is impossible to string wires, and its use over wide expanses of water, desert, etc., opens up attractive fields to the imagination, especially when some way is found to overcome the well-known disturbances which interfere so much with all wireless communications, whether telephone or telegraph. In spite of this, however, the value of wireless telephony can hardly be estimated and it is sure to be helpful beyond expression in making a neighborhood of nations."

Germany Still A Poor Letter Writer.
Washington—Germany has failed to satisfy the request of the United States that the sending of the Arabic with a loss of American lives be disavowed and liability for the act assumed by the imperial government. This became known after a conference between President Wilson and Secretary Lansing at which the latter submitted a note given him in New York by Count Von Bernstorff, the German ambassador. No announcement was made after the White House conference.

AFRO-AMERICAN CULLINGS

One thing that appealed most to me was a little cottage set off in the corner of the grounds—the center of several acres, surrounded by garden, orchard, poultry yard, barn and pig pen, a house of the humble type, just such a home as work will give to any thrifty Negro; or white man, who wants to live to make a home for a visitor to the Tussegee Institute. This is where every girl in the school has to spend a week during the term. She is given a small amount of cash—40 cents a day, and she has to manipulate with the others living with her during the period, having each an equal amount of change. So as to make a comfortable home for themselves, here is their real lesson in household duties, with a teacher in direct. The house consists of two bedrooms, kitchen, dining room, living room, pantry, bath, front and back porches.

The furniture made by the beginners in woodwork, indicating that any body can make some furniture without much effort at least so much wood around have a bed, chairs, tables and a few benches. The windows are draped with cheesecloth, cross-stitched by the girls; the portieres are made from crocus sacks or other rough material, dyed by pupils; settees are made the same way; rugs, home made; the students are taught here the care of beds, of closets, of woodwork, disinfecting, dish washing, cooking, setting table and all duties pertaining to housekeeping; they work the garden, gather and prepare the vegetables, care for chickens and the stock, even learn the care of garbage. Connected with the home is a flower garden and a playground. Do our mountain people, do our rural schools have such a chance in life? Why not?

I did not go there to find out what the northern capitalists were doing to educate the Negro. I had been told all of this I knew what money would do. I went there to find out what Booker T. Washington and his wife were doing for the Negro and how the Negro was making use of the opportunity.

I did not leave the grounds from the minute I drove in the Lincoln gate until I left for the depot. I ate and slept there in a home reserved for the school for white friends. I was treated with the same courtesy and attention as I have been accustomed to by the Negroes all of my life, and I profited by the experience and enjoyed every minute of my time.

Booker Washington was not there, but his wife was. She had done as much for the uplift of her race as he has. He has planned and planned and she has executed much of the details. She was born in Macon, Miss., educated at Nashville and taught in this institution before she married.

She is a very intelligent, industrious woman, with a strong purpose, and she is working the details of this problem of the poor and helpless among her people. She hopes to see the day when every Negro is trained to give the best of his sense and energy, when he is certain that work is the only way to attain a great end.

She has a handsome home and she keeps it well. She loves the South and speaks with gratitude of her friends in the North.

This training and environment will in time give to the white people of the South the competent service that was theirs in part; intelligent work is needed in every office. This is a work for the people of both races, as I saw it on my visit.

The movement of southern Negroes toward farm ownership has been one of the marked developments of the past decade. Nevertheless, even with a general knowledge of this movement, it is a surprise to learn that one-fourth of all the Negro farmers of the South own the farms they cultivate, and that their total value is \$100,000,000. These are the figures of the University of North Carolina, who is one of a committee charged with the expenditure of \$3,500,000 for the betterment of the Negro. He reports that the colored man is solving his own problem, and is solving it in terms of industry and soil ownership. Negro population in the South is dwindling, says Doctor Branson, except in the states of Arkansas and Oklahoma, but it is increasing in the cities and decreasing in the country. The Negroes are rapidly changing from tenants to farm owners.—Boston Transcript.

Talk about the intelligence of the people is discounted by the fact that a great many of them believe in madstones.—Exchange.

The Texas sweet potato crop will amount to 10,000,000 bushels this year. But residents of that expansive state are merely irritated by such diminutiveness. They say the figure should be ten times larger.

Many of the largest Japanese war ships have been equipped with wireless telephones which operate successfully for distances up to 100 miles.

One found in the Yellow Pine mine district of Nevada contains rich platinum deposits.

Illinois day exercises brought the Lincoln Jubilee and Negro Emancipation Semi-Centennial exposition to a close at Chicago. During the four weeks the show has been in progress at the Coliseum 100,000 persons have passed through the doors.

Adjutant General Frank S. Dickson, representing Governor Dunne, was the chief speaker. During the afternoon of the closing day the commission in charge of the exposition held a conference with Thomas W. Swann, the Negro deposed as secretary two weeks previous. Swann and his attorney wrestled with the problem of straightening out his books and accounting for money handled by him. It developed that John V. Clinton, the attorney originally employed by Swann, had given up the case.

CALOMEL WHEN BILIOUS? NO! STOP! ACTS LIKE DYNAMITE ON LIVER

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Doesn't Make You Sick!

Stop using calomel! It makes you sick. Don't lose a day's work. If you feel lazy, sluggish, bilious or constipated, listen to me!

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with your bile, crumbles into it, breaking it up. This is when you feel that awful nausea and cramping. If you feel "all knocked out" if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour just try a spoonful of harmless Dodson's Liver Tone.

Here's my guarantee—Go to any drug store or dealer and get a 50-cent bottle of Dodson's Liver Tone. Take a

spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot siltivate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.

JUST FORCED TO COME DOWN
All things are good to good men.

Wash day is smile day if you use Red Cross Ball Blue, American made; therefore the best made. Adv.

Many houses in France are numbered 12 1/2, in order to avoid the unlucky number of 13.

As a matter of fact, the divorce suit of one of her friends usually interests a woman more than her own married life does.

It sometimes happens that a marriage license furnishes a man with an excuse for trying to drown his troubles.

Tush, Tush!
She—What a lovely view!
He—I'd like it better if you turned your face this way.

He and She.
She—Have you ever read "Lives of the Hunted?"
He—No; what's it about—backslaps?—New York Post.

Speedy at That.
Boss (to new boy)—You're the slowest youngster we've ever had. Aren't you quick at anything?
Boy—Yes, sir; nobody can get tired as quick as I can.

Mild Way of Saying "You Lie."
Hobbs (telling a tall story)—I assure you, old man, if I hadn't seen it myself I wouldn't believe it.
Dobbs—Then you'll understand why I don't.

Location.
"What was the weight of that fish you were talking about all summer?"
"Which fish?" inquired the unblinking boaster. "The one I had on my line or the one I only had on my mind?"

The Kind of Stuff.
"That sensational novel of his is selling like hot cakes."
"It's a burning shame!"—Judge.



Many Positions Carrying Large Salaries

are open today to men in every walk of life. But the men must possess vigorous bodies and keen, active minds.

Success-making mental and physical activity relies largely upon right living wherein the right kind of food plays a most vital part.

In many cases the daily diet lacks certain of Nature's elements essential to energizing and upbuilding the mental and physical faculties. Most white flour products, such as white bread and many other commonly used foods, are in that class.

A food especially designed to offset this lack—

Grape-Nuts

—made of wheat and malted barley, supplies all the nutriment of the grains, including the mineral salts—sturdy builders of brain, nerve and muscle.

Grape-Nuts is thoroughly processed, ready to serve from the package, fresh, crisp and delicious. Then, too, there's a wonderful return of the power to "do" and to "be" for the small energy required in its digestion.

After repeated set-backs thousands have found a change to right eating means forging ahead.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.